

# **Learning Model for Improving Psychological Well-Being in the Elderly: A Case Study in Surabaya Setting**

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## **ABSTRACT**

This study was a participatory action research (PAR) which aimed to develop learning model for improving psychological well-being (PWB) of the elderly by using the six aspects of PWB according to Ryff and Keyes (1995) that are autonomy, environmental mastery, personal growth, purpose in life, relations with others, and self-acceptance. This research was conducted in Surabaya for two years. In the first year, the participants were 91 elderly people came from 9 villages. Meanwhile, in the second year there were 59 participants in which 16 elderly people, 20 community actors for elderly development, 23 social service officers of Surabaya City Government. Data were collected using questionnaire, observation, in-depth interview as well as focus group discussion (FGD). Results of this research was a learning model for increasing PWB in the elderly. This model consisted of six intervention strategy moduls on autonomy, environmental mastery, personal growth, purpose in life, relations with others, and self-acceptance. The findings of this study could contribute practically for community organizer in assisting elderly group as well as for government in developing programs and policies for the elderly.

Keywords: elderly, intervention modul, learning model, psychological well-being.

## **Introduction**

Older persons are one of important components in society with different physical, psychological, and emotional condition compared with younger adults (Wandera, Kwagala & Ntozi, 2015; Zammit et al., 2012). Indonesian government's attention towards the elderly population has been increasing in line with the increasing proportion of the elderly population of the total population. The data of Indonesian Population Census in 2010 showed that nowadays Indonesia becomes one of the top five countries with the highest number of elderly people in the world with 18.1 million people or 7.6 percent of Indonesia's population. The elderly population with old of 60 years or older, is expected to increase so that by 2025 year, the number will reach 36 million according to Kementerian Kesehatan Republik Indonesia (The Republic of Indonesia's Health Ministry, 2013). The increasing of elderly population in Indonesia is in line with the growth of the elderly population in the world, which can be seen from the shift in the elderly population from year 2002 to 2025 (projection) as stated in Figure 1 below.